

Type	Note	Dist	Next
📍	Start of route	0.0	0.0
✍️	DEPART: FRENCHAY - Gary Harris Cycles 07:30 57km to next CONTROL	0.0	0.1
←	LEFT @ T	0.2	0.3
←	LEFT @ T \$ M32 & Frenchay	0.5	0.3
←	LEFT @ T \$ HAMBROOK onto B4058	0.8	0.2
↑	SO @ TL to HAMBROOK using cycle access !!Xing A4174!!	1.0	0.6
←	LEFT (SO) on RH bend \$ Rudgeway B4427 & motorbike test centre	1.6	1.5
↑	LEFT then RIGHT @ TL \$ Rudgeway B4427. Xing B4057	3.1	3.9
←	Fork LEFT \$ Almondsbury	7.0	3.1
→	RIGHT @ T	10.1	0.4
→	RIGHT @ TL \$ Gloucester A38	10.5	0.3
←	1st LEFT \$ TOCKINGTON & OLVESTON	10.8	1.9

10.8 kilometers. +85/-50 meters

Type	Note	Dist	Next
↖	Fork LEFT (SO) on RH bend \$ AUST	12.7	0.1
←	LEFT @ T \$ AUST	12.8	3.1
↑	LEFT (SO) @ T onto B4461	15.9	1.7
→	RIGHT imm before RBT using shared path round opp side	17.5	0.1
←	Cross SERV road & LEFT onto Severn Bridge Path	17.7	4.5
→	RIGHT rejoining road leaving NCN4	22.1	0.2
←	LEFT (1ex) @ RBT \$ BULWARK	22.4	0.1
↑	SO (2ex) @ RBT	22.5	0.6
↑	SO (3ex) @ RBT	23.1	0.2
↑	SO (2ex) @ RBT	23.3	0.9
→	RIGHT @ T onto !!A48!!	24.2	0.5
←	LEFT \$ TOWN CENTRE into OWS	24.8	0.5
↑	SO @ TL - OWS ends	25.3	0.8
←	LEFT onto CP	26.1	0.4

15.3 kilometers. +132/-112 meters

Type	Note	Dist	Next
↑	LEFT (SO) @ T onto B4228	26.5	0.6
→	RIGHT \$ Bishton Lane	27.0	0.8
←	Fork LEFT on RH bend	27.8	0.6
→	RIGHT before bridge onto SP access	28.4	0.1
←	LEFT onto SP !!Respect other users!!	28.5	0.4
!	!!Tunnel - LIGHTS OFF - NO EXCEPTIONS!!	28.9	5.3
→	RIGHT @ T onto A466	34.2	1.9
→	RIGHT \$ BROCKWEIR	36.1	0.1
←	1st LEFT into Quayside imm after bridge	36.3	0.2
↑	Becomes bridleway !!Gates - Respect other users!!	36.4	0.6
!	!!Footbridge!!	37.0	1.7
↗	Fork RIGHT - follow bridleway signs	38.6	0.8
↗	Fork RIGHT - follow bridleway - short sharp ascent	39.4	0.5
↑	Rejoin track	39.9	1.3

13.8 kilometers. +132/-163 meters

Type	Note	Dist	Next
←	LEFT @ T onto A466	41.2	0.3
↗	1st RIGHT \$ WHITEBROOK	41.5	2.0
↑	RIGHT on LH bend then LEFT onto old railway track	43.5	3.4
→	RIGHT (SO) rejoining road then...	46.8	0.0
→	Imm RIGHT onto old railway bridge !!Respect other users - dismount if necessary!!	46.9	0.2
←	LEFT into car park	47.0	0.1
←	LEFT @ T rejoining road	47.1	0.4
→	At end of wall !!DISMOUNT!! and cross accessing the old railway up the bank	47.5	1.7
→	Fork RIGHT and join the higher track	49.2	0.3
↑	SO rejoining road !!Gate!!	49.5	1.5
↑	SO (2ex) @ mRBT into dead end. Xing A4136. PH on RIGHT - follow NCN423 to Biblins Bridge - becomes track !!Respect other users!!	50.9	5.7

11.0 kilometers. +128/-114 meters

Type	Note	Dist	Next
←	!!DISMOUNT!! Control on other side of river, leave bikes this side. 6 max at a time on bridge	56.7	0.1
←	LEFT	56.8	0.2
→	RIGHT into Biblins Tea Garden	57.0	0.0
↻	CONTROL: BIBLINS - Tea Garden 10:21-14:38 35km to next INFO. 76km to ARRIVEE	57.0	0.0
←	LEFT	57.0	0.2
→	RIGHT over bridge. 6 max at a time	57.2	0.1
←	LEFT continuing on path	57.3	0.4
→	1st RIGHT	57.7	2.1
→	RIGHT @ X. Campsite to left	59.8	0.6
↑	SO	60.4	0.2
↑	SO rejoining road !!Gate!!	60.6	0.1
→	RIGHT @ T onto A4136 then...	60.7	0.0

9.7 kilometers. +189/-11 meters

Type	Note	Dist	Next
←	Imm fork LEFT. CH on right	60.7	0.2
←	LEFT \$ REDBROOK	60.9	0.9
→	Fork RIGHT !!Gate - narrows & becomes single track!!	61.8	1.1
→	RIGHT @ T rejoining road	62.9	1.4
←	LEFT @ T \$ Chepstow A466	64.4	0.3
→	RIGHT into 2nd car park	64.7	0.1
→	RIGHT joining path	64.8	0.0
←	Fork LEFT onto old railway bridge !!Respect other users - dismount if necessary!!	64.8	0.1
←	LEFT rejoining road. Cheeky one at The Boat?	64.9	2.0
←	LEFT @ ^ X \$ Tregagle	66.9	1.9
↑	SO @ X \$ Narth	68.8	0.5
→	RIGHT onto bridleway imm after houses on right	69.3	0.1
↑	LEFT (SO) joining track	69.4	1.2

8.7 kilometers. +222/-233 meters

Type	Note	Dist	Next
↑	SO @ X \$ Maryland rejoining road - becomes track again	70.6	0.7
→	Fork RIGHT at next track junction then...	71.4	0.1
←	50m fork LEFT dropping down onto path !!Narrow - some mud - tree roots!!	71.4	1.4
↑	SO @ X along path xing road !!Narrow!!	72.9	0.5
←	LEFT @ ^ - 1st main track	73.3	0.8
↑	SO @ car park !!Gate!!	74.1	0.2
↑	SO @ X \$ Botany Bay rejoining road	74.4	1.0
→	1st RIGHT \$ Botany Bay	75.3	0.1
←	1st LEFT \$ Barbadoes Grn - becomes track	75.5	2.0
→	Fork RIGHT	77.5	1.1
↻	Hairpin LEFT	78.6	0.7
→	Fork RIGHT !!Steep descent!!	79.3	0.3
!	!!Speed bumps on track approaching T!!	79.6	0.3

10.2 kilometers. +148/-305 meters

Type	Note	Dist	Next
↑	LEFT (SO) @ T rejoining road	79.8	0.2
↻	1st RIGHT	80.1	0.3
←	Fork 1st LEFT (unmarked)	80.3	1.5
→	RIGHT \$ Devauden	81.9	1.4
←	LEFT @ T \$ NCN32	83.2	0.5
↑	RIGHT (SO) @ T	83.7	0.1
←	1st LEFT into Chepstow Park - becomes track !!Gate!!	83.9	1.0
←	LEFT @ T	84.8	0.6
←	LEFT @ T	85.5	2.3
↑	SO at car park exit !!Gate!!	87.7	0.1
→	RIGHT rejoining road	87.8	0.3
→	RIGHT @ T onto B4293	88.1	0.1
←	Fork 1st LEFT @ ^ \$ SHIRENEWTON	88.2	2.3
↑	SO @ X \$ SHIRENEWTON. Xing B4235	90.5	0.6

10.9 kilometers. +280/-204 meters

Type	Note	Dist	Next
✍	INFO: SHIRENEWTON - see brevet 31km to ARRIVEE	91.1	0.0
←	LEFT @ T	91.1	0.3
→	RIGHT (SO) on LH bend \$ NCN42	91.3	2.5
←	Fork LEFT \$ NCN42	93.8	1.0
←	LEFT (1ex) @ RBT \$ CHEPSTOW	94.8	1.4
→	RIGHT \$ NCN4 imm before T joining SP - follow to AUST xing Severn Bridge !!Respect other users!!	96.2	6.7
→	RIGHT @ T rejoining road \$ Avon cycleway	102.8	0.1
←	LEFT (1ex) @ RBT \$ Thornbury B4461	102.9	0.2
←	LEFT (SO) along B4461 using cycle lane	103.1	1.5
→	RIGHT on LH bend \$ OLVESTON	104.6	3.2
→	RIGHT \$ Almondsbury	107.8	2.0
→	RIGHT @ T \$ Bristol !!A38!!	109.8	0.3

19.3 kilometers. +172/-245 meters

Type	Note	Dist	Next
←	LEFT @ TL \$ Hortham Ln	110.1	0.4
←	LEFT along Hortham Ln	110.5	3.1
→	RIGHT @ T \$ Frampton Cotterell onto B4427 !!Blind left!!	113.6	1.9
←	LEFT into Swan Lane opp gates	115.5	0.7
→	RIGHT onto track by 'Langley' driveway	116.3	0.3
←	LEFT	116.5	0.2
→	RIGHT by farm	116.7	0.4
←	LEFT @ T	117.1	0.5
→	RIGHT @ T onto B4058	117.6	0.2
↙	Fork LEFT @ ▲ \$ Winterbourne Down	117.8	0.6
→	Fork RIGHT. Low bridge ahead	118.4	1.2
←	LEFT @ ▲ T onto B4058	119.6	1.0
↑	SO @ TL \$ FRENCHAY B4058 !!Xing A4174!!	120.7	0.2
←	1st LEFT \$ FRENCHAY	120.8	0.6

11.1 kilometers. +67/-99 meters

Type	Note	Dist	Next
→	Fork RIGHT on LH bend \$ FRENCHAY	121.4	0.3
←	Fork 1st LEFT	121.7	0.1
→	2nd RIGHT	121.8	0.3
✍	ARRIVEE: FRENCHAY - White Lion 13:36-22:45	122.1	0.0
📍	End of route	122.1	0.0

1.3 kilometers. +5/-7 meters